

👦 Male, Child (6–11)

Assumes a normal, healthy male around age 9, 133 cm and 29 kg (BMI 16.4), active play / sports (typical for age). A full week of meals and movement, sized to a 1,800 kcal/day target.

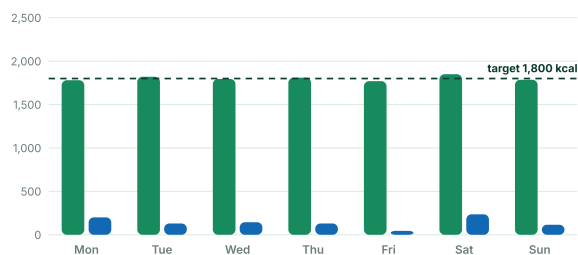
133 cm Height	29 kg Weight	16.4 BMI	1,150 kcal BMR	1,780 kcal TDEE
1,800 kcal Daily target	34 g Protein	290 g Carbs	56 g Fat	17 g Fiber
1.7 L Water				

THE WEEK IN NUMBERS

Energy, macros, and micronutrients

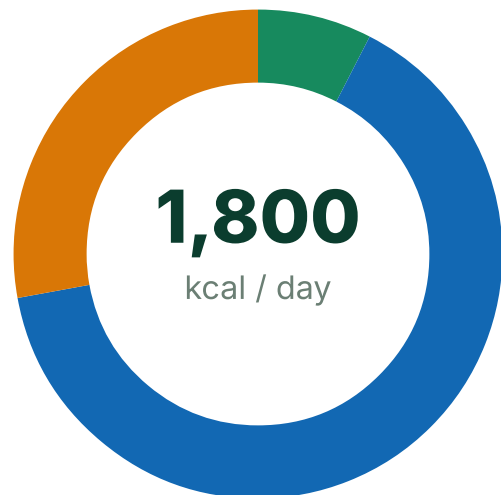
Daily energy balance

Calories eaten vs. burned in planned exercise, each day



Macro split

Share of daily calories by macronutrient



Intake (kcal) Exercise burn (kcal)

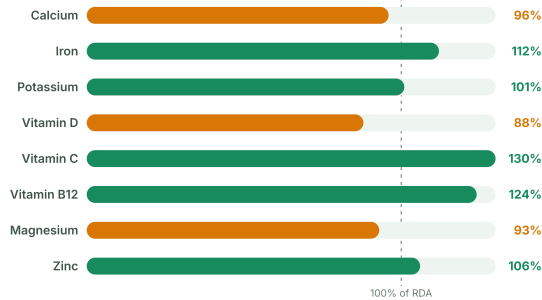
Daily target

Protein 34 g · 8% Carbs 290 g · 64%

Fat 56 g · 28%

Micronutrient coverage

Weekly average vs. recommended intake for this group



WEEK AT A GLANCE

Seven days, planned end to end

Calories per meal, daily totals, and the movement that pairs with them.

DAY	BREAKFAST	LUNCH	SNACK	DINNER	INTAKE	EXERCISE
Monday	430	510	170	670	1,780 kcal	Soccer practice with friends · 60 min
Tuesday	380	540	200	700	1,820 kcal	Family bike ride around the neighborhood · 45 min
Wednesday	420	530	165	680	1,795 kcal	Playground games including climbing, monkey bars · 60 min
Thursday	400	520	190	700	1,810 kcal	Swimming lesson plus free splash time · 45 min

DAY	BREAKFAST	LUNCH	SNACK	DINNER	INTAKE	EXERCISE
Friday	450	480	150	690	1,770 kcal	Easy family walk and stretching · 30 min
Saturday	460	560	180	650	1,850 kcal	Basketball at the park and playground time · 70 min
Sunday	410	470	190	715	1,785 kcal	Nature walk and backyard catch · 60 min

DAY BY DAY

Every meal, with full macros

Open a day to see the foods, portions by calories, and the exercise that completes it.

Monday

Steady breakfast carbs and a familiar comfort-food lunch fuel an active school day capped by soccer.

1,780 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Oatmeal with banana slices and a spoonful of peanut butter; low-fat milk	430	10	66	14
Lunch	Grilled cheese on whole wheat, tomato soup, apple slices	510	11	71	19
Snack	Apple-cinnamon rice cakes with a thin spread of cream cheese	170	3	26	5
Dinner	Baked chicken tenders, corn on the cob, roasted green beans, small dinner roll	670	14	98	23
Total	Fiber 16 g	1,780	38	261	61

Exercise: Soccer practice with friends **60 min** · Moderate to vigorous

≈**200 kcal** burned Aerobic fitness + coordination

Tuesday

Latin flavors make beans and avocado fun — an easy fiber win before an evening family bike ride.

1,820 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Whole-grain cereal with low-fat milk and sliced strawberries	380	9	71	6
Lunch	Small chicken quesadilla with mild salsa, cucumber sticks, mango chunks	540	12	73	21
Snack	Guacamole with baked tortilla chips	200	2	21	13
Dinner	Soft bean-and-cheese tacos with lettuce and tomato, cilantro-lime rice; low-fat milk	700	14	106	24
Total	Fiber 18 g	1,820	37	271	64

Exercise: Family bike ride around the neighborhood **45 min** · Moderate

≈130 kcal burned Leg strength + balance

Wednesday

An Asian-inspired day where colorful stir-fried vegetables ride along with a kid favorite, teriyaki salmon.

1,795 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Whole-wheat toast with almond butter and banana; low-fat milk	420	10	61	15
Lunch	Vegetable chicken fried rice with edamame; an orange	530	11	83	16
Snack	Rice crackers with a cheese wedge	165	3	25	6
Dinner	Teriyaki salmon with steamed rice and stir-fried broccoli and carrots	680	12	106	21
Total	Fiber 15 g	1,795	36	275	58

Exercise: Playground games — tag, climbing, monkey bars **60 min** · Moderate

≈**145 kcal** burned Motor skills + upper-body strength

Thursday

Mediterranean staples — yogurt, hummus, olive oil — keep energy smooth through an afternoon swim lesson.

1,810 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Greek yogurt parfait with honey, berries, and granola	400	9	67	11
Lunch	Whole-wheat pita with hummus, turkey, and cucumber; grapes	520	11	78	17
Snack	Apple slices with a small handful of almonds	190	3	21	11
Dinner	Baked lemon chicken with orzo, roasted zucchini and cherry tomatoes; low-fat milk	700	14	104	22
Total	Fiber 16 g	1,810	37	270	61

Exercise: Swimming lesson plus free splash time **45 min** · Moderate **≈130 kcal** burned

Whole-body fitness + water confidence

Friday

Pizza night done at home — same fun, more vegetables — lands on the week's lighter recovery day.

1,770 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Banana-oat pancakes with a little maple syrup; low-fat milk	450	10	77	11
Lunch	Ham and cheese roll-ups, whole-grain crackers, cherry tomatoes, a peach	480	11	67	17
Snack	Air-popped popcorn and a clementine	150	3	27	4
Dinner	Homemade veggie pizza with peppers and mushrooms, side salad; low-fat milk	690	13	99	24
Total	Fiber 17 g	1,770	37	270	56

Exercise: Easy family walk and light stretching **30 min** · Light **≈45 kcal** burned
Recovery + flexibility

Saturday

A South Asian day — dal and roti deliver the week's biggest fiber boost to fuel the longest play session.

1,850 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Whole-wheat vegetable paratha with plain yogurt; mango slices	460	9	71	15
Lunch	Mild chicken curry with basmati rice and cucumber raita	560	13	85	18
Snack	Small mango lassi	180	4	32	4
Dinner	Lentil dal with rice, whole-wheat roti, and sautéed spinach	650	13	111	14
Total	Fiber 19 g	1,850	39	299	51

Exercise: Basketball at the park and playground time **75 min** · Moderate to vigorous
≈**235 kcal** burned Agility + aerobic endurance

Sunday

A slower family day with a warming stew and easy outdoor play before the school week starts again.

1,785 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Veggie omelet with whole-wheat toast; fresh orange juice	410	11	54	15
Lunch	Chicken noodle soup with a whole-grain roll; a pear	470	10	76	12
Snack	Banana-yogurt smoothie	190	5	36	3
Dinner	Beef and vegetable stew with mashed potatoes; low-fat milk	715	12	102	26
Total	Fiber 15 g	1,785	38	268	56

Exercise: Nature walk and backyard catch **60 min** · Light to moderate **≈115 kcal** burned
Active recovery + throwing skills

PHYSIOLOGICAL PARAMETERS

What this plan moves, and why

Typical healthy values for this group, and the direction consistent nutrition + exercise nudges them. The app tracks 200+ parameters like these.

PARAMETER	TYPICAL HEALTHY RANGE	EXPECTED CHANGE	WHY
Growth & bone development	Steady height gain of about 5–6 cm per year at this age	On-track growth with strong bone mineralization	Adequate calcium, vitamin D, and protein plus running and jumping play

PARAMETER	TYPICAL HEALTHY RANGE	EXPECTED CHANGE	WHY
Motor skills & coordination	Refining balance, throwing, catching, and climbing skills	Noticeably smoother, more confident movement over 8–12 weeks	Varied play — ball sports, swimming, playground climbing
Aerobic fitness	Can sustain 20–30 minutes of continuous active play	Longer play stamina and quicker recovery between games	45–75 minutes of moderate-to-vigorous play most days
Healthy weight trajectory (BMI-for-age)	BMI around 16.4 sits mid-range on the healthy percentile band	Continues growing along the same healthy percentile curve	Energy intake matched to growth and daily activity — no dieting
Muscular strength & posture	Bodyweight play builds age-appropriate strength	Better climbing, jumping, and sitting posture in 6–10 weeks	Monkey bars, swimming, and ball games load muscles naturally
Sleep duration & quality	9–12 hours per night recommended for ages 6–12	Faster sleep onset and fewer night wakings	Daytime outdoor activity and a consistent meal rhythm
Focus & mood	Attention dips when meals are skipped or sugary	Steadier attention and mood through the school day	Regular meals combining protein, fiber, and slow carbohydrates
Digestive regularity	Comfortable, regular digestion	More regular with less constipation within 1–2 weeks	15–19 g of daily fiber plus water and active play

PHYSIOLOGICAL CHANGES

What a consistent week does for the body



From the nutrition plan

- ✓ Balanced calories support steady growth along the same healthy percentile curve — fuel matched to play, never dieting.
- ✓ About 1300 mg of daily calcium plus vitamin D from milk, yogurt, and salmon builds bone density during prime growth years.
- ✓ Regular meals combining protein, fiber, and slow carbs steady blood sugar, which shows up as better classroom focus and mood.
- ✓ 15–19 g of daily fiber from fruit, beans, and whole grains keeps digestion comfortable and regular.
- ✓ Keeping added sugar under 45 g a day protects developing teeth and trains taste preferences toward real food.



From the exercise plan

- ✓ At least 60 minutes of daily play strengthens the heart and steadily lengthens play stamina.
- ✓ Jumping, climbing, and running load growing bones exactly when they respond best, building lifelong bone strength.
- ✓ Varied movement — swimming, ball sports, biking — develops balance, coordination, and throwing skills during the prime motor-learning window.
- ✓ Active days bring faster sleep onset and deeper sleep, the hours when growth hormone does its main work.
- ✓ Playing with family and friends builds the lasting habit that active time is fun, not a chore.

For children 6–11 the goal is growth, not weight control: offer regular balanced meals, let appetite guide portion size, and aim for at least 60 minutes of fun, active play every day. Milk with meals and water in between covers hydration and bone-building calcium.

MAKE IT YOURS

Download and practice

Take this plan with you, or build your own with the auto-calculating worksheet.

Educational example only. These sample plans assume a normal, healthy person of average size for the group and are provided for education and practice — they are not medical or dietary advice. Individual needs vary with health conditions, medications, and goals; consult a qualified professional before changing your diet or exercise routine. See our full disclaimer.

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